

REACHING OUT



Keeping our Community Connected - Edition 27

Dear REACH Participants,

We are very excited to commence re-opening of our Centre this week (1st February) and to begin welcoming some of you back to your programs.

Due to COVID Safe requirements we are as yet unable to offer a full REACH program as we did prior to COVID and all programs have a much limited capacity.

Program commencement has been staggered throughout the month of February and the enrolment process is currently ongoing. Thank you for returning your Expressions of Interest forms.

You will be contacted over the next few weeks to be informed if you have a place or not. We are unable to offer everyone a place at the moment and we are sorry if you have missed out for now.

Please be assured that as soon as we are able to expand our capacity in programs and/or put on additional programs that we will let you know.

Kind Regards,
Juliet Collins
REACH Coordinator

NOTE: REACHING OUT will now be produced monthly - please let us know if there is anything you would like to see featured in the next one!
Email: armchairtravel@sandybeach.org.au

HAPPY SNAP OF THE WEEK



Happy New Year from the Sandybeach Team. Wishing our participants a happy and healthy 2021

JOKES OF THE WEEK:

A woman in labor suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!" *"Don't worry," said the doc. "Those are just contractions."*

Why did the chicken go to the séance?
To get to the other side.

What kind of exercises do lazy people do? *Diddly-squats*



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

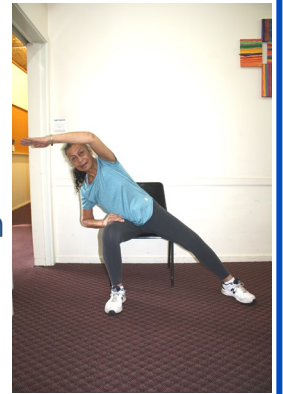
SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 - Side Stretch

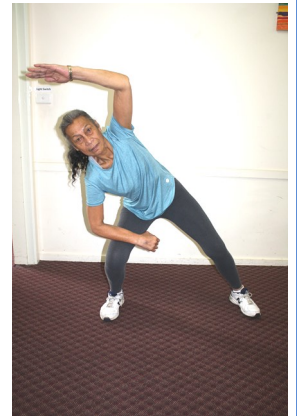
Seated

- Come forward on the chair with legs hip width apart.
- Extend the right leg out to the side, foot flat on the floor
- Lean the upper body towards the left side and stretch right arm out and across the head.
- Hold the pose for 8 counts.
- Slowly release and repeat the stretch on the other side. (see picture).



Standing

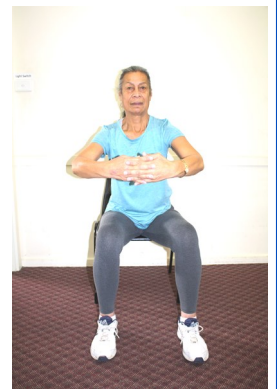
- Stand with legs shoulder width apart, and in a squat position
- Lean the upper body over to the left side and stretch the right arm over the head and towards the left of the body.
- Hold the pose for 8 counts
- Slowly release and repeat the stretch on the other side. (see picture).



EXERCISE 2 - Back Stretch

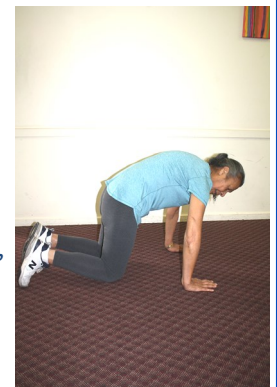
Seated

- Come forward on the chair with legs hip width apart.
- Bring arms out in front and interlock fingers, palms facing towards the body
- Round out the shoulders and breathe in, at the same pushing the back out.
- Hold the pose for 8 counts and release (see picture)



On the floor - (Cat Stretch)

- On the floor hands and knees.
- Legs should be shoulder width apart and palms on the floor shoulder width apart.
- Breathe in, at the same time push the back upwards (like a cat), hold for 8 counts and slowly release. (see picture).



A reminder, please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this". Have a great week and stay safe. Angel Parker.

LET'S STAY HEALTHY WITH ELANA

Mediterranean Tuna Salad

This salad is full of fresh and healthy ingredients

Ingredients

- 1 red pepper cut into small pieces
- 1 red onion cut into small pieces
- 1 cucumber cut into small pieces
- 1/2 cup of pitted black olives
- 1 x 95 gram tin of Tuna
- 1/2 cup of chickpeas
- 1 lemon - use zest and juice
- Olive oil
- Garlic, Parsley, Salt and Pepper

Method

1. Combine red pepper, red onion, cucumber, tuna, garlic, chickpeas, black olives and lemon zest in a large bowl and mix.
2. Drizzle salad with olive oil and lemon juice and season with salt and pepper.
3. Garnish with parsley and serve cold. Enjoy!



It's a new year so start getting Fit!

The new year is the perfect time to start new fitness habits and include exercise as part of your daily routine. Keep in mind the following:

- * Consider your fitness goals - what do you want to achieve?
- * Create a balanced routine - enjoy a variety of exercise activities to keep you motivated.
- * Exercise at your own pace - increase activity when and if you can.
- * Build activity into your daily routine - walk instead of driving to your local shops.
- * Try to include some interval training - for example walk fast, then slower and repeat. This will increase your heart rate and fitness.
- * Allow time for recovery - listen to your body and exercise safely within your limits.
- * Keep track of your fitness routine and progress - this will help you to see improvement.

You don't have to go fast - you just have to give it a go!



ARMCHAIR TRAVEL:

Magnificent Morocco by Mary Gates

In the spirit of adventure in 2010 my friend Geraldine and I spent five weeks exploring Egypt and Morocco. Mindful of safety, we chose to join a small group of travellers on an organised tour in both countries. Importantly both tours were to be led by Arabic speaking guides. With so much to share about our travels in both of these ancient lands, I have decided to focus here on our journey through Morocco.



Morocco is a North African country bordering the Atlantic Ocean and the Mediterranean Sea. With a population of over 33 million its cultural influences are Berber, Arabian and European. It is a sovereign nation ruled by King Mohammed VI of Morocco who is known to have one of the largest fortunes in the world despite the relative poverty of the majority of his country's people. We commenced our journey in the largest and perhaps best known Moroccan city of Casablanca, made famous by the 1942 film Casablanca starring Humphrey Bogart. Casablanca was founded and settled by Berbers in the seventh century BC and later settled by Spanish then Portuguese and finally French colonialists in 1906. The city's French colonial legacy is seen in its architecture.

After spending several days exploring Casablanca, we made our way in the minivan to Rabat, Morocco's capital. Rabat is known for its ancient fort overlooking the Atlantic Ocean. It has Islamic and French colonial heritage with



Tannery, Fez

winding cobbled streets and whitewashed and bright blue stone buildings, somewhat reminiscent of the buildings that cling to the hillsides in Santorini Greece.

Our next stop was Fez. This proved to be one of the true highlights of our Moroccan adventure. This north eastern city, which has existed for over 1200 years, is often referred to as the country's cultural capital. Here we spent several days getting lost in the El Bali walled medina. The maze of narrow cobbled streets can only be explored on foot. Fez's medieval architecture and vibrant souks give it an old world atmosphere.

(Continued on page 5)

(Continued from page 4)

To this day the tannery in the city's centre is still manually worked by a team of barefoot workers who tread the hive of vats to tan and dye the animal skins. The stench of camel urine is overwhelming. I did however purchase one of the many colourful leather Ottoman made from the softened hides.

Next, we made our way into the High Atlas Mountains where many nomads live in the fertile valleys. There is a Berber culture which sees them living freely herding their livestock like they did centuries ago.



Nomad family



The Sahara Desert

Berber history dates back to prehistoric times having been around for at least 4000 years. Unfortunately for me I contracted a severe tummy bug on this leg of the journey. I was given the local remedy of manuka honey to eat which helped to settle my stomach. Once recovered I took a most uncomfortable camel ride into the Sahara Desert for the night. This certainly gave us a taste of the remote Berber life.

Our final stop was Marrakesh. This former imperial city in western Morocco is a major economic centre and home to mosques, palaces and gardens. The medina is a densely packed, walled medieval city with mazelike alleys with thriving souks (marketplaces). It was here that we bought treasures - traditional textiles, jewellery and ceramics. Over my final feast of a local vegetarian tajine stew, I sapped up the atmosphere of the open square where storytellers and musicians performed.

It was a trip probably not to be repeated but never to be forgotten.

Thanks for sharing your Moroccan adventure Mary!



RIDDLE AND PUZZLES

RIDDLE :

I Start with M, end with X and have never ending amount of letters. What am I?

COMMON THREAD

Unscramble the letters of the phrases to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme

1. THEME: OLYMPIC SPORTS

1 ON TENTH LAP

--	--	--	--	--	--	--	--	--	--

2 A CHERRY

--	--	--	--	--	--	--

3 FEIGN LIGHT WITH

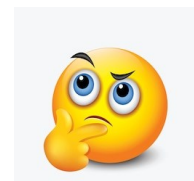
--	--	--	--	--	--	--	--	--	--	--	--	--

4 MYSTIC SANG

--	--	--	--	--	--	--	--	--	--

5 I SIGNAL

--	--	--	--	--	--	--



SPOT WORDS: THEME: COUNTRIES

You will spot several consecutive letters in each sentence which will spell out a word relating to the theme. The number of letters for each word is shown by the number of spaces next to each of the sentences. The letters with a circle around them will spell out the mystery answer which will also relate to the theme.

The bus we dented drove away.

--	--	--	--	--	--	--	--	--	--

Ninja pants are very fashionable.

--	--	--	--	--	--	--	--	--	--

He had to shoo the street urchin away.

--	--	--	--	--	--	--	--	--	--

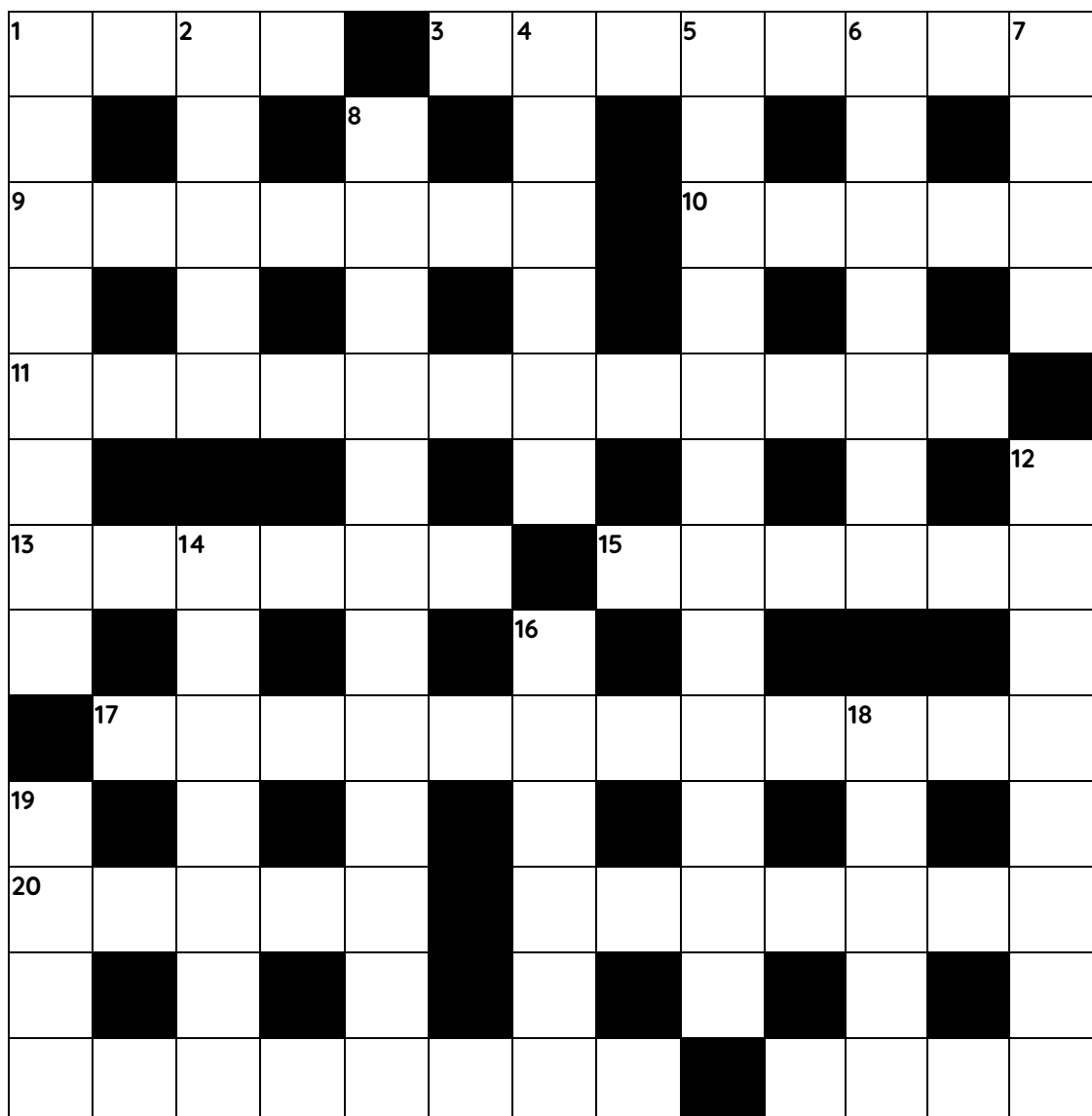
I gave Debra zillions of stamps for her album.

--	--	--	--	--	--	--	--	--	--

Have you seen the new robot swan attraction?

--	--	--	--	--	--	--	--	--	--

BIG CROSSWORD



Across

- 1** Unmarried title (4)
- 3** High singing voice (8)
- 9** Scene constructed in miniature (7)
- 10** A semiaquatic fish-eating mammal (5)
- 11** Unfriendly and unwelcoming (12)
- 13** Airport shed (6)
- 15** More uncivilised (6)
- 17** Security device (7,5)
- 20** deserve or be worthy of (5)
- 21** arrange pages (7)
- 22** Put up with (8)
- 23** Leg joint (4)

Down

- 1** Twelve am (8)
- 2** Laziness (5)
- 4** Desert Peninsula (6)
- 5** Occasionally or at irregular intervals (12)
- 6** Spilt the beans (7)
- 7** Folklore giant (4)
- 8** Accidental killing (12)
- 12** Gala opening (8)
- 14** An impartial/unbiased state or person (7)
- 16** Team pet (6)
- 18** Another time; once more (5)
- 19** produce and discharge (4)



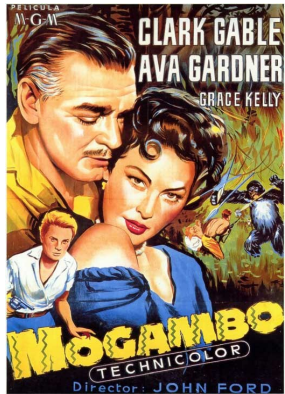
Remembering Ava Gardner (1922-1990)

From country girl to the most irresistible woman in Hollywood.

Ava Lavinia Gardner was an American actress and singer. She was born in Grapetown, North Carolina in 1922 and died in London (England) in 1990. She first signed a contract with Metro-Goldwyn-Mayer in 1941 appearing mainly in small roles until she drew critics' attention in 1946 with her performance in the film *"The Killers"*. Ava was nominated for an Academy Award in 1953 for Best Actress for her role in John Ford's *"Mogambo"* and again in 1964 for John Huston's *"The Night Of The Iguana"*.



In the engrossing *"Ava Gardner: Love is Nothing"*, biographer Lee Server documents a life filled with lust, love, and late night shenanigans. There was her long entanglement with an eccentric Howard Hughes, as well as flings with bullfighters, affairs with Robert Taylor, Mel Torme, John F Kennedy, Steve McQueen and George C Scott.



Grace Kelly first met Ava Gardner on the set of *"Mogambo"* with Ava's free-spirited sense of fun quickly winning Kelly's friendship, but in trying to keep up with Ava and the co-stars, after a few drinks, the future princess usually ended up turning pink and running into the bushes to vomit.

Director John Huston assembled an all-star cast to film *"The Night Of The Iguana"* with a set that had two fully stocked bars - the cast of Richard Burton, Ava Gardner, Deborah Kerr and Sue Lyon wound up having a highly copacetic time - little filming got done after lunch with Burton and Gardner too tired to function.



"Showboat", *"55 Days at Peking"*, *"Earthquake"*, *"The Barefoot Contessa"*, *"Singapore"* and *"Pandora"* are just some of the many memorable films of Ava Gardner.

Footnote: In 1959 when Ava Gardner was filming here, Mum had the thrill of meeting and chatting with her on several occasions – finding the screen idol she had admired for many years, to be a very warm and charming person indeed.

Andrea

Music Movies and Melevision with Quiz Mistress Andrea

- Q1** In 1959, Gregory Peck, Ava Gardner, Fred Astaire and Anthony Perkins all came to Melbourne to make a movie about the end of humanity - Can you name that movie ?
- Q2** In the 1949 movie *"The Third Man"* co-starring Joseph Cotton and Alida Valli, the evil Harry Lime was played by the actor who earlier starred as the corrupt Charles Foster Kane in the 1941 movie *"Citizen Kane"* - who was this acclaimed American actor ?
- Q3** Which stage musical about the saga of - Nurse Nellie Forbush and Plantation Owner Emile de Becque - features the song - *"There Is Nothin' Like A Dame"* ?
- Q4** Can you name the 1955 Alfred Hitchcock movie, where 'the cat' John Robbie (Cary Grant) is suspected of being behind a series of daring jewel thefts on the French Riviera - also stars Grace Kelly *(pictured)* ?
- Q5** David Janssen starred in the role of Dr Richard Kimble in his search for a one-armed man who murdered his wife, in which (1983-1987) television crime drama series ?
- Q6** In the nursery rhyme ... *"Little Jack Horner, sat in the corner, eating his Christmas pie, he put in his thumb, and pulled out a plum"* ... and then what did Little Jack say ?
- Q7** Sean Connery is the most noted actor to play James Bond, the Secret Service agent with a licence to kill, with Roger Moore having played Bond in seven movies. Now who starred as 007 in the four Bond movies before the incumbent - Daniel Craig ?
- Q8** Elton sang *"That deaf dumb and blind kid, sure plays a mean ..."* what ?
- Q9** In the long running Australian TV crime drama *"Blue Heelers"*- Lisa MaCune *(pictured)* starred in the role of Constable Maggie Doyle - now who co-starred in the role of Senior Sergeant Tom Croydon ?
- Q10** Christine is the love interest of both Raoul and the disfigured Erik, and Erik's jealousy over Christine's love for Raoul a major source of conflict in which classic musical ?
- Q11** Complete this musical phrase ... *"the Guy's only doing it for ..."* *(two 4-letter words)* !!
- Q12** Can you name the movie where Olivia Newton-John sings "Suddenly" and "Magic" ?



For the Love of Ava ❤️

- Q13** Ava Gardner was married three times ... Firstly to an actor, then a bandleader and finally to a well known crooner - Can you name them ?

Actor Bandleader Crooner

MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go?



QUICK GUIDE CALENDAR TERM 1 2021

phone: 9598 2155
email: admin@sandybeach.org.au
www.sandybeach.org.au



CLASS	TIME	DATES	COST
Chi Ball	9:15am - 10:15am	8 Feb - 29 Mar	\$119
Plates with a difference - Online	9:15am - 10:15am	25 Jan - 1 Mar	\$36
EAL Intermediate Conversation - Online	9:30am - 11:30am	1 Feb - 29 Mar	\$100
Numeracy and Literacy Skills	10am - 12pm	1 Feb - 29 Mar	\$205
Walking For Fitness	10am - 11:30am	1 Feb - 29 Mar	\$120
Strength Training	12pm - 1pm	8 Feb - 29 Mar	\$159, \$98 Conc
Artbeat	2pm - 4pm	8 Feb - 29 Mar	\$189, \$146 Conc
Fit and Fabulous	9:15am - 10:15am	2 Feb - 30 Mar	\$169, \$108 Conc
Sandybeach Social Club	1pm - 3pm	16 Feb - 30 Mar	\$169, \$101 Conc
Zoom in on Tuesday - Online	1pm - 3pm	2 Feb - 30 Mar	\$205
Pilates - Intermediate	9:15am - 10:15am	3 Feb - 31 Mar	\$153
Kitchen Club Wednesday AM	10am - 12pm	3 Feb - 31 Mar	\$295
Kitchen Club Wednesday PM	1pm - 3pm	3 Feb - 31 Mar	\$295
STEP Art	1pm - 3pm	3 Feb - 31 Mar	\$360
Intergenerational Program	2pm - 3:30pm	24 Feb - 31 Mar	TBA

PURPLE	STEP programs are designed for people with an intellectual disability. We offer friendly classes with low numbers aimed at giving participants a safe place to explore their interests and expand their potential.
GREEN	REACH activities offer support and interest based, stimulating activities for seniors and people with age related conditions. Transport may be available. Concessions apply for clients referred via My Aged Care.

CLASS	TIME	DATES	COST
Writing Skills - Online	9:30am - 1pm	26 Jan - 1 Apr	\$150
Yin Yoga and Meditation	9:30am - 10:30am	4 Feb - 1 Apr	\$153
Community Access	10am - 12pm	4 Feb - 1 Apr	\$205
Artbeat - Online	10am - 12pm	18 Feb - 1 Apr	\$127, \$99 Conc
Strength Training	11am - 12pm	11 Feb - 1 Apr	\$169, \$108 Conc
Mentoring and the Workplace	1pm - 3pm	25 Feb - 1 Apr	\$205

CLASS	TIME	DATES	COST
Core Pilates - Beginner/Intermediate	9am - 10am	5 Feb - 26 Mar	\$136
Mind, Health and Connect	10:30am - 12:30pm	5 Feb - 26 Mar	\$205
Writing Skills - Online	12:30pm - 4pm	29 Jan - 26 Mar	\$150
Sandybeach Social Club	1pm - 3pm	19 Feb - 26 Mar	\$169, \$101 Conc
Creative Movement and Drama - Online	1:30pm - 3:30pm	5 Feb - 26 Mar	\$275

Note: There are no classes on public holidays.
Costs and the programs are subject to change so please check website for any updates.

Childcare and Early Learning Centre

Term 1: Wednesday 27 January - Thursday 1 April

Monday, Tuesday and Thursday: 8:30am - 12:30pm \$52 per session

Wednesday and Friday: 8:30am - 1:30pm \$58 per session



Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health, Member of the Learn Local sector.



***Please check the Sandybeach Centre website for updates and changes to our program guide.**

ARTBEAT ONLINE - commencing Thursday 18 February

Join our friendly art group via zoom and be guided by professional artist Tina Blackwell to develop your art skills. Enjoy social connection online with others and share creative expression with constructive feedback.



When explored in depth, the most run-of-the-mill subjects can provide inspiration for a series of paintings. As we investigate abstract form and textural effects, you will have the freedom to explore and assign your own meaning to your pieces.

A basic list of required materials will be provided.



Thurs 18 Feb - 1 Apr

10am - 12pm

\$127 \$99 Conc.

OUR AMAZING WORLD

WAITOMO GLOWWORM CAVES, NZ



The Waitomo caves are packed full of arachnocampa luminosa glowworms. They are around the size of a mosquito, live for about 1 year and glow brightest when they are in their larval stage

CHILDCARE

The lucky children in Childcare have returned to Sandybeach to find a fantastic renovated and revamped sandpit and play area. Many hours of fun and creativity ahead ❤️





AMAZING ARTWORKS THAT CHALLENGE OUR THINKING!

JR

Homily to Country (right)

This is an ambitious multi-part artwork that draws global attention to the ecological decline of the Darling River system caused by intensive water extraction due to irrigation, climate change and drought. JR's artwork focuses on both the ecological and human impact of the river's decline.

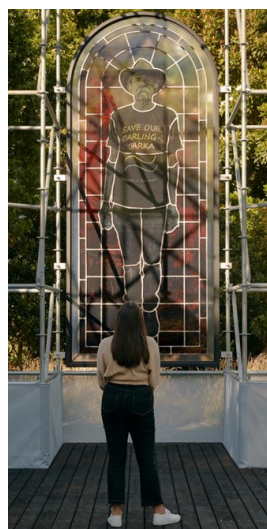
The NGV Triennial brings contemporary art, design and architecture into dialogue, offering a visually arresting and thought-provoking view of the world at this time.

The Exhibition is on until 18th April.
Search *NGV Triennial* on the internet for other works and read some of the great interviews with artists.

REFIK ANADOL

Quantum Memories (below)

These works explore the opportunities presented by artificial intelligence (AI), machine learning and quantum computing to visualise an ever changing large scale immersive multimedia artwork.

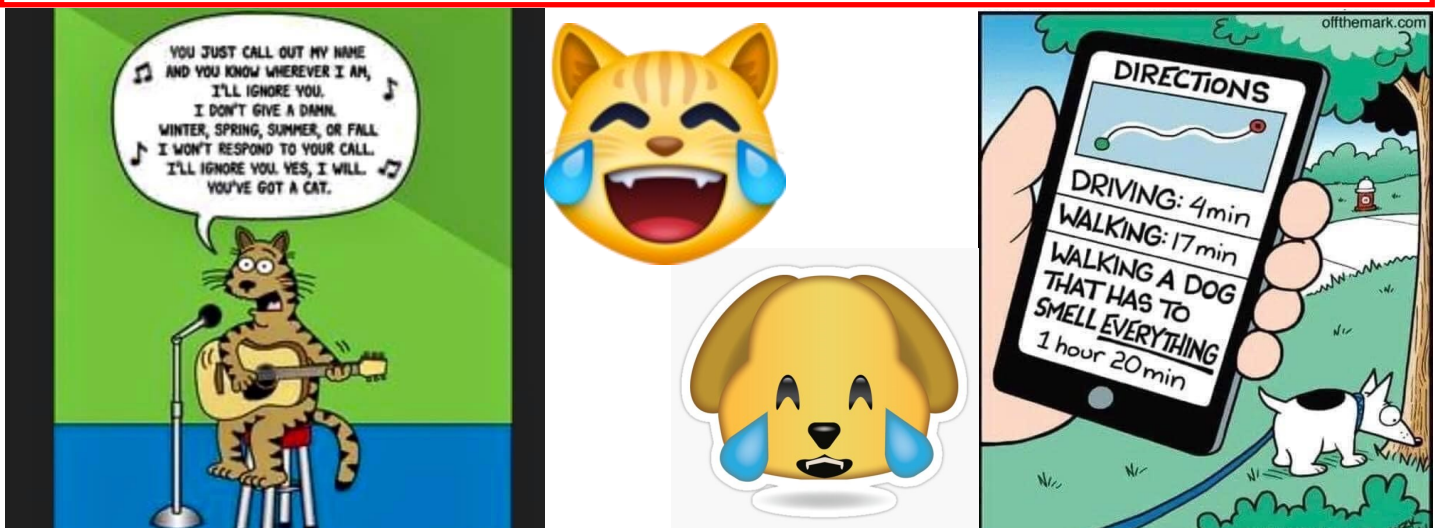


COVID Safe Practices and Procedures

We are looking forward to Sandybeach Centre opening up slowly for face to face program delivery this term. We need your help to do this in a cautious and safe way for yourself, the staff and volunteers.

Please make sure you follow these COVID Safe practices and procedures when attending the centre

1. Sanitise – there are sanitising stations in various locations around the building. Sanitise or wash your hands regularly. Always sanitise upon entering and exiting the building
2. Socially Distance – stay 1.5m apart from others where possible otherwise wear a face mask. Carry a face mask with you at all times.
3. Register – either through the QR code or on a hard copy for contact tracing.



READER CONTRIBUTIONS - keep them coming!!

With the start of a new year, get your creative juices flowing and send us your creations!

Each month, we will be featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.

If you have anything to share, please email it to us at armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

QUIZ AND PUZZLES ANSWERS

**RIDDLE ANSWER :
MAILBOX**



COMMON THREAD ANSWER (EXTRA WORD TENNIS)

1	P	E	N	T	A	T	H	L	O	N				
2	A	R	C	H	E	R	Y							
3	W	E	I	G	H	T	L	I	F	T	I	N	G	
4	G	Y	M	N	A	S	T	I	C	S				
5	S	A	I	L	I	N	G							

SPOT WORDS ANSWER (HIDDEN WORD SPAIN)

The bus we dented drove away.

Ninja pants are very fashionable.

He had to shoo the street urchin away.

I gave Debra zillions of stamps for her album.

Have you seen the new robot swan attraction?

S W E D E N

J A P A N

C H I N A

B R A Z I L

B O T S W A N A

CROSSWORD SOLUTION

Across

- | | |
|-----------------|------------------|
| 1 Miss | 15 Wilder |
| 3 Falsetto | 17 Burglar Alarm |
| 9 Diorama | 20 Merit |
| 10 Otter | 21 Collate |
| 11 Inhospitable | 22 Tolerate |
| 13 Hangar | 23 Knee |

Down

- 1 Midnight
- 2 Sloth
- 4 Arabia
- 5 Sporadically
- 6 Tattled
- 7 Ogre
- 8 Manslaughter
- 12 Premiere
- 14 Neutral
- 16 Mascot
- 18 Again
- 19 Emit



ANSWERS TO ANDREA'S QUIZ



Q1: On The Beach. Q2: Orson Welles. Q3: South Pacific.

Q4: To Catch A Thief. Q5: The Fugitive. Q6: What a good boy am I.

Q7: Pierce Brosnan. Q8: Pinball. Q9: John Wood.

Q10: Phantom of the Opera. Q11: Some Doll. Q12: Xanadu.

Q13: Mickey Rooney - Artie Shaw - Frank Sinatra.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

The importance of respite for you and the person you are caring for.

2020 was a year full of challenges for everybody and none more so than the carers in our community. Usual avenues for respite were often unavailable. It is important to reach out and research ways you may be able to get a break if you need it,

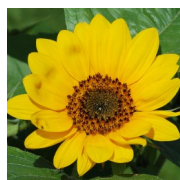
Caring for someone can be physically and emotionally tiring. It's OK to want some time for yourself, and taking a break allows you to reduce your stress and recharge.

Planning regular breaks and taking time out can help you to avoid stress.

It's a good idea to plan ahead because respite services are often busy and can get booked out. Booking early gives you a better chance of finding the respite that suits you, when you want it.

Respite care can also help the person you care for. They may like a change of scene, to socialise and meet new people, or take part in activities not available at home.

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Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636.**

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

Carers Victoria is maintaining essential services for carers. These include the 1800 514 845 telephone advisory line, NDIS advisory service, telephone and skype counselling, emergency respite and other carer support services, such as purchasing goods and equipment.



WE WANT TO HEAR FROM YOU!
What does Sandybeach Centre do to
enhance your wellbeing as a carer?
What more could we be doing to
enhance your wellbeing?
armchairtravel@sandybeach.org.au
PH: 9598 2155



Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the